

In Season:



Bell Pepper!



NUTRIENTS IN BELL PEPPERS:

Vitamins: C, A, B6, K; fiber.

SELECTION:

Choose firm, brightly colored peppers with tight skin that are heavy for their size. Avoid dull, shriveled, or pitted peppers.

STORAGE:

Refrigerate in plastic bag and use within 5 days. Rinse in water, cut, and remove seeds. Eat it raw or cooked.

QUICK FIX TIPS:

- Make a fruit salsa with ripe peaches, mangoes, or pineapple, onions, bell peppers, lemon juice, and your favorite seasonings, such as cilantro, garlic, salt, and pepper.
- Make a bean salad with a drained can of beans (like kidney or white beans), tomatoes, chopped peppers, a little olive oil, and your favorite seasonings.
- Add chopped peppers to canned or home-made soups, chili, three-bean salad, pasta salad, guacamole, or coleslaw.

Italian Pasta Salad

Prep Time: 10 Minutes +
refrigeration time
Serves: 8

Ingredients:

- 4 cups pasta, cooked
- 2 cups blanched* broccoli pieces
- 1 cup cooked carrot slices
- ¾ cup red pepper strips
- ¼ cup sliced green onions
- ½ cup Italian salad dressing, light or reduced fat

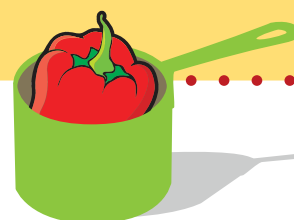
Cups of Fruits & Veggies per Serving: ½

Preparation:

1. Mix all ingredients together.
2. Refrigerate for 30 minutes before serving.

Note: For a heartier salad, add strips of cooked ham, a can of cooked red beans, or sprinkle with grated cheese.

*Steam or boil broccoli for 2-3 minutes until bright green.



Nutritional Information per Serving:

Calories:141; Total Fat:1.8g;
Dietary Fiber:3g; Sodium:234mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

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